

REGIONAL #1 TRACK AND FIELD CHAMPIONSHIPS
FRIDAY, MAY 18th, 2012
Lawrence - Free State High School

AWARDS/RESULTS	MEDALS TO TOP FOUR PLACES IN ALL EVENTS – MEDALS AND RESULTS WILL BE AVAILABLE AFTER THE MEET.
SCORING	TOP 6 WILL SCORE – 10-8-6-4-2-1
TRACK SURFACE	ALL WEATHER SURFACE - JAVELIN APPROACH IS THE SAME SURFACE
POLE VAULT	THE VAULT WILL BE ON AN ELEVATED RUNWAY
TRAINER	WILL BE ON SITE ON SOUTH END OF TRACK
ADMISSION	\$5 FOR ADULTS. \$4 FOR STUDENTS AND CHILDREN
OPENING HEIGHTS	GIRLS HJ- 4'8" BOYS HJ 5'6" GIRLS PV 7'0" BOYS PV 10'0"
TRIPLE JUMP	BOARDS ARE 24', 32' AND 40'. LONG JUMP BOARD IS 8' FROM THE PIT.
FLIGHTS	BEST ENTRIES WILL BE SEEDED INTO THE LAST FLIGHT. THREE PRELIMINARY THROWS OR JUMPS. TOP 7 TO FINALS FOR 3 MORE THROWS OR JUMPS
IMPLEMENT WEIGH IN	WILL BE IN THE WHITE SHED SOUTHWEST OF THE TRACK.
RESTROOM FACILITIES	RESTROOMS AT THE SOUTH END OF THE TRACK
CONCESSIONS	WILL BE AVAILABLE.

OTHER REGIONAL INFORMATION:
THROWS

1. The area between the discus sector and the javelin runway is off limits to spectators and athletes.
2. Javelin warm ups must take place on the football field west of the javelin competition area.
3. Discus warm ups need to take place south of the shed where weigh ins are done.
4. Shot will take place at the conclusion of the disc.
5. We will be using a blower to dry of the throwing rings as the need arises.
6. Jav and disc will be a major factor in determining meet delays and postponement.

JUMPS AND TRACK EVENTS

1. With pole vault taking place on the in field we will allow warm ups and spectators on the infield to watch the vault. At the conclusion of the vault we will ask spectators to return to the stands, while warm ups may continue.
Please make sure your athletes do not have electronics on the infield.
2. Coaches are allowed on the in field during the meet, we ask that coaches remain off the track itself during the track events. We ask that coaches also remind their athletes to stay to be aware of track events as they enter and exit the in field for warm ups.
3. We will make every attempt to keep the high jump area dry, we have a large blower to help with this as well.

6A Regional Track and Field Championships

Friday - May 18, 2012

Lawrence Free State

Field Events – 3:30

Boys Long Jump –followed by girls

Girls Triple Jump –boys to follow

Girls High Jump – boys to follow

Boys Javelin –girls to follow

Girls Discus –boys to follow

Boys Shot –girls to follow

Girls Pole Vault – followed by boys

Prelims

4:40 – Girls 100 Hurdles

4:50 – Boys 110 Hurdles

5:00 – Girls 100

5:10 – Boys 100

5:20 – Girls 200

5:30 – Boys 200

Finals

6:10– Girls 4X800 Relay

6:25 – Boys 4X800 Relay

6:40 – Girls 100 Hurdles

6:47– Boys 110 Hurdles

6:54 – Girls 100

7:01 – Boys 100

7:08 – Girls 1600

7:18 – Boys 1600

7:28 – Girls 4X100 Relay

7:38– Boys 4X100 Relay

7:48 – Girls 400

7:58 – Boys 400

8:08 – Girls 300 Hurdles

8:18 – Boys 300 Hurdles

8:28 – Girls 800

8:35 – Boys 800

8:42 – Girls 200

8:49 – Boys 200

8:56 – Girls 3200

9:11 – Boys 3200

9:26 – Girls 4X400 Relay

9:36 – Boys 4X400 Relay

Dismiss from Class – 12:20 pm

Bus Departs SMS – 1:00 pm

Return to SMS – 11:00 pm